

Compulsive Exercise as a Predictor of Outcome in Treatment for Anorexia Nervosa

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What We Know:

- Little is known about prevalence of exercise within anorexia nervosa or the role that it plays in the course of the disorder or its treatment (Klein & Walsh, 2005).
- High Rates in EDs (Davis et al., 1997)
- Longer hospital stays (Solenberger, 2001)
- Increased psychopathology (Bamber, Cockerill, & Carroll, 2000).
- Increased risk of relapse (Carter et al., 2004).

What We Don't Know:

- Do individuals with anorexia nervosa who were excessive exercisers before intensive inpatient treatment have a poorer outcome in treatment than those patients who were not excessive exercisers previously?
- Is excessive exercise positively associated with eating disorder symptom severity?

Description of Project

- Participants: Individuals with Anorexia Nervosa admitted to intensive inpatient treatment.
- Measures:
 - Exercise: Eating Disorder Examination (Exercise Questions), Commitment to Exercise Scale
 - Treatment Outcome: Hospital Charts
 - Eating Disorder Severity: Eating Disorder Examination-Questionnaire Version, Eating Disorder Inventory

What Do We Hope to Learn?

- May help identify early on patients who are most at risk of premature drop-out from inpatient treatment.
- This may lead to more effective treatment for those who were excessive exercisers.

Implications for Participation in Sports in the General Public

- May suggest that athletes and individuals who exercise in large amounts should be screened for compulsive exercise attitudes and behaviours as well as eating disorder psychopathology.